



CATAWBA COUNTY

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FOR IMMEDIATE RELEASE

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HICKORY, N.C. — Catawba County's Meals on Wheels Program now has a Facebook page.

"We felt this was a great opportunity to communicate directly with those interested in the program," said Jan Shaffer, supervisor of Senior Nutrition Services of Catawba County Social Services. "Our Meals on Wheels volunteers and donors are essential to reaching those seniors in need of this service." The program is funded with a combination of local, state and federal money, but relies heavily on local donations and volunteers.

Meals on Wheels delivers nutritious lunches to homebound persons, age 60 or older, who are unable to prepare food for themselves. The volunteers who deliver the meals are also an important social contact for the recipients.

Each volunteer typically delivers meals once a month. It takes approximately one hour to deliver the meals to 10-15 senior citizens. Businesses, churches and other groups are also encouraged to form teams of volunteers. More volunteers are urgently needed to help those in need.

"We hope that Facebook members with an interest in Meals on Wheels will 'like' our page," Shaffer said. The page may be found at <http://www.facebook.com/MealsOnWheelsOfCatawbaCounty>.

Those wishing to donate to this program now have an option to make a secure online donation. Just go to <http://www.catawbacountync.gov/dss> and click on the "Donate Now" button.

For more information about the Meals on Wheels program, and other Senior Nutrition Services in Catawba County, call Jan Shaffer at 828-695-5617.

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